

TRAVA TRAVA

(Greek)

Trava Trava (TRAH-vah TRAH-vah) means "Move on or travel on". This dance belongs to the family of Hasaposerviko dances so popular in the Greek tavernas. The dance was learned by Vilma Machette of Los Angeles from the San Francisco Greek community.

Record: Festival 3510 A (45 rpm)

Formation: Short lines of 6-8 M and W. Arms in "T" pos.

Meter: 2/4

Steps and Styling: Ft are kept close to the floor and directly under the body; steps are small and are not performed vigorously. They are smooth and flowing and the body is held erect.

Meas

Pattern

- 1-4 Introduction - no action.
- 1 Facing ctr, step sdwd R on R ft (ct 1), step L behind R (ct 2).
- 2 Step sdwd R on R ft (ct 1), step L across in front of R, keeping R ft in place, although rising slightly (ct 2).
- 3 Shift wt to R ft in place (ct 1), shift wt fwd onto L ft (ct 2), shift wt again to R (ct &).
- 4 Step on L in place (ct 1), swing or scuff R ft slightly fwd with bent knee and lifting slightly on L (ct 2).